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U. S. DEPARTMENT OF AGRICULTURE
Production & Marketing Administration

511-513 U. S. Court House
Phone 2-1365

Fort Worth 2, Texas
Sept. 6, 1945

USDA FOOD BULLETIN

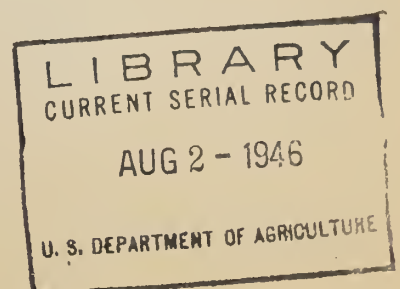
Although several fresh vegetables and a few fresh fruits are now available on the market every month in the year, there are certain other fruits and melons which are more plentiful in September than they will be at any time before next summer. Mr. and Mrs. John Q. Public are taking advantage of the ample supply of good quality moderately priced stone fruits, grapes, pears, and melons which are arriving regularly fresh from American farms where harvesting is in full swing. Consumers are making the most of these luscious fruits before the season is over and the supply is exhausted.

Without being held in farm storage for an indefinite period, Northern grown potatoes and potatoes from the Pacific coast are now being loaded in refrigerator cars directly from the fields where the crops are being dug. Ample supplies of potatoes are expected for several months. Housewives can plan to give their families plenty of this wholesome, nourishing food and public eating places can adopt the policy of serving liberal portions to attract more customers. Potatoes may be served in so many different ways that there is no need of monotonous menus no matter how frequently potatoes are a part of the main course.

If you are becoming more price conscious you will be glad that black eye type peas are lower. If you are hungry for apple or pumpkin pie, you can gratify your appetite for that dessert by using the apples and pumpkins now offered. If your shelves for home canned fruit are not yet fully stocked, it is not too late to put up some Idaho Italian prunes. You will not find that the commercially canned fruits are packed in heavy syrup this season and you can preserve your fruit without sugar if you prefer to do so.

California grapes, pears, and plums are still available and are very popular. Bartlett pears are soft melting, juicy and sweet. They are especially recommended for people who want to retain their boyish figures. Eaten raw before meals, they tend to take the keen edge off the appetite in a wholesome manner so that it isn't hard to refrain from over eating of heavier fattening foods. For a delicious dessert try baked pears.

Oranges are still excellent values at present prices. Sweet Spanish onions are now plentiful. Cabbage is still a best buy. A varied assortment of higher quality vegetables is arriving from Colorado.
Furnished by Ralph G. Risser
Federal Food Reporter



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Fort Worth 2, Texas
Sept. 13, 1945

USDA FOOD BULLETIN

"In looking around the fruit and vegetable markets one finds an attractive array and a varied assortment of these fresh products on sale", says Ralph G. Risser, federal food reporter. These commodities were mostly harvested earlier in the year in Texas and other Southern states, but this is the flush season in other important localities where harvesting actively continues.

The big crop of Irish potatoes in the Northern states is being dug from the fields during the early autumn months before freezes are likely to damage the tubers. There should be ample for us all with no skimpy portions. Novelty on the menu may be maintained by trying out new and varied ways of serving them. The fattening effect may be avoided by skipping the rich gravies and other high calorie foods which are frequently served on potatoes.

A prominent feature of offerings at this time are the fancy fresh fruits arriving from Western orchards and vineyards. Hale and Elberta peaches from Colorado, and Washington have a strong consumer appeal. Plums and grapes of various colors are fine for the center piece and the dessert course. Bartlett pears from Pacific Coast states are delicious for baking or for eating as is. Italian fresh prunes from Idaho are popular for rich flavored sauce or home canning.

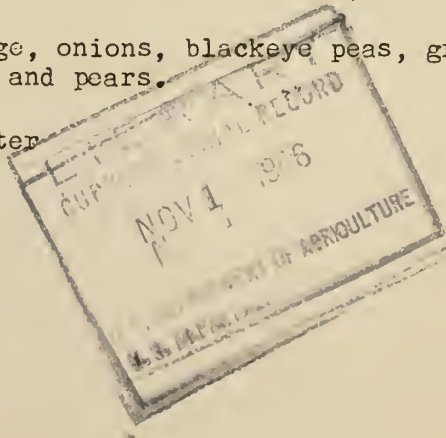
Some like it hot and some like it cold, but evidently many like it in one way or another. We refer to cabbage which is produced and consumed more extensively than any other vegetable in the United States with the single exception of potatoes. Whether you prefer it as slaw or cooked, you may be interested in the fact that it is considered a best buy with recent average prices slightly lower. It, too, is coming fresh from the fields of Colorado.

Besides cabbage, Colorado is supplying a long list of other vegetables which include green beans, beets, carrots, cauliflower, celery, corn, cucumbers, onions, English peas, peppers, potatoes, radishes, spinach, and tomatoes.

Almost any time may be tomato time but while the weather is still warm a tomato salad is especially appropriate. After the first killing frosts of the northern autumn, tomato supplies are likely to be sharply reduced. Both Eastern and Western tomatoes as well as a few from Texas, are available. If you have canned all the plain tomatoes that you will want, you may want to put up tomato juice, catsup, chile sauce, relishes, or marmalades.

Best buys this week include potatoes, cabbage, onions, blackeye peas, green beans, sweet potatoes, oranges, peaches, prunes, and pears.

Furnished by Ralph G. Risser, Federal Food Reporter



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Fort Worth 2, Texas
Sept. 20, 1945

USDA FOOD BULLETIN

"Fresh fruits and vegetables are vital to vigorous public health and abundant living", says Ralph Risser, federal food reporter. With the current varied offerings, planning of menus should not prove difficult.

Listed as four of the current best buys in vegetables, and ranking as the big four in national production and consumption are Irish potatoes, cabbage, sweet potatoes, and onions.

Consumers are more fortunate this fall with respect to potato supplies. As is commonly the case, good crops produce good potatoes. We now have both quantity and quality. Supplies arrive direct and fresh from the fields during the harvesting season. Housewives may use the full scope of their ingenuity in serving this wholesome and substantial vegetable in both the usual and the more novel forms.

Sweet potatoes are also marketed at this time as they come from the fields. The quality of supplies is generally good. Prices are reasonable. Sweet potatoes rank high as vitamin sources. They are an economical energy food, supplying sugar without ration points. They are a favorite food for flavor. Shipments from Texas and Louisiana go as far as Seattle, but markets in this territory are especially favored because of their proximity to producing districts.

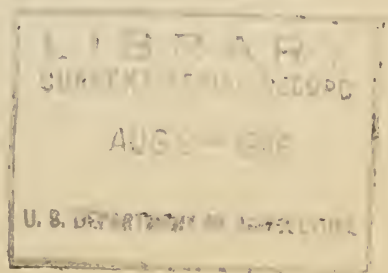
Cabbage is another health builder--a prize package of vitamin C. It's here in good supply and prices are not high. Nutritionists say to cook it for a short time in a small amount of water with lid on the pan. Cabbage is arriving by truck and by rail from Colorado.

The fourth of the big four is the onion. The sweet Spanish and other varieties are available and recent prices have averaged lower. The onion is definitely one of the current best buys. It ranks high as a meal pepper-upper.

There is continued high current interest in fancy fresh fruits from the West. Bartlett pears, Italian prunes, Hale peaches, and various varieties of grapes have strong consumer appeal. Western apples are none too plentiful, but very limited supplies of apples are expected this season.

Among the less common products now on the market in a limited way are now crop California globe artichokes, broccoli, Brussels sprouts, and Persian melons.

Furnished by Ralph G. Risser, Federal Food Reporter.



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Fort Worth 2, Texas
Sep. 27, 1945

USDA FOOD BULLETIN

A keen public interest continues in foods with servicemen returning to the home tables with good appetites for their old favorite dishes especially, and home cooked meals generally. Women war workers have been returning to their kitchens where they are giving more special attention to foods for the home. The urgent needs of war-torn countries overseas are demanding attention also.

In this area markets are mostly well supplied with fresh fruits and vegetables and the civilian consumer has a good assortment and attractive quality from which to choose. Most of the canning and preserving has been completed. Italian prunes, plums, and peaches are now available in a more limited way and fresh supplies are expected to disappear from the picture soon. The peach season will probably be extended by storage, but home canning should not be further delayed. Grapes are still on hand. Apples are being offered to a limited extent. The well-known apple varieties will be supplemented this season by sorts which are less known and all good quality apples will doubtless be consumed. Western Bartlett pears continue to meet a good demand. Later varieties, particularly the Bosc and the D'Anjou, are now being shipped and will be here soon.

Since the civilian supply of sugar for the remainder of the year is low, the use of fresh fruit and fruit salads as a substitute for other desserts will doubtless be continued. No cut in household sugar allowances, however, has been found necessary.

The latest arrival in the fruit line is new crop Massachusetts cranberries. The price is lower this season. A few turkeys have already been put on the market and a good supply for civilian consumers is in prospect. If your mouth is watering for turkeys and cranberries, you will probably not have to wait long.

From one of the best Irish potato crops ever grown in the United States, supplies continue to arrive fresh from the fields. It is an economical staple food and can be served frequently in unstinted portions. The popular long varieties, as well as the less expensive round types, are now on the markets. The latest addition to the list of available varieties is the Red McClure from Colorado.

Sweet potatoes are also moving freely, and their high vitamin and sugar content are a point in their favor. Homegrown Porto Ricans are said to be of better than the usual quality and the popular Maryland variety from New Mexico is now at its best and is bringing a premium.

Colorado and California are still the major sources of most vegetables, but there has been some cold weather in Colorado. The tomato market has shown a firmer tendency and fewer green beans are available. Most of the beans are Kentucky Wonders and Limas from California.

Best buys listed for this week include potatoes, sweet potatoes, onions, cabbage, carrots, apples, oranges, pears, peaches, and grapes.

Furnished by Ralph G. Risser, Federal Food Reporter.

